



# Milwaukee County Senior Dining

## UNITED COMMUNITY CENTER

730 W. WASHINGTON STREET

# JULY

<b>1</b> Chicken Parmesan Mashed Red Potatoes Whole Green Beans Marble Rye Bread Sliced Peaches	<b>2</b> Glazed Ham Slice Puerto Rican Rice Tossed Vegetable Salad Wheat Roll Fresh Fruit
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>3</b> Macaroni with Meat Spinach Salad Dressing Apple Juice Breadstick Chilled Peaches	<b>4</b> <b>CLOSED</b>  <b>HAPPY FOURTH OF JULY!</b>	<b>5</b> Chicken Parsley Buttered Noodles Glazed Beets Summer Salad w/Tomato & Cucumber Multi-Grain Bread Diced Pears	<b>6</b> Roast Pork White Rice Beans California Vegetable Blend Dinner Roll Fresh Fruit	<b>7</b> BBQ Chicken Puerto Rican Rice Spinach Salad Wheat Roll Applesauce	<b>8</b> Steak Macaroni & Cheese Seasoned Green Beans Corn Muffin Fresh Fruit	<b>9</b> Beef Soft Tacos Mexican Rice Beans Lettuce & Tomato Salad Cookie
<b>10</b> Chicken Fajitas Sautéed Vegetables Mexican Rice Refried Beans Tortilla Fruit Juice Fruit Gelatin	<b>11</b> Sweet Sour Pork Brown Rice Green Beans Spinach Salad Dressing Whole Grain Dinner Roll Fresh Fruit	<b>12</b> Bistec Encebollado Brown Rice Steamed Broccoli Fresh Salad Wheat Bread Apple Pie	<b>13</b> Pub Chicken Burger Sautéed Onions Whole Wheat Bun Ketchup & Mustard Double Baked Potato Casserole Wisconsin Vegetable Blend Fresh Fruit	<b>14</b> Lasagna Mixed Vegetables Pineapple Juice Dinner Roll Pineapple Tidbits	<b>15</b> Chipotle Meatballs Mexican Rice Green Salad Dressing Apple Juice Tortilla Vanilla Pudding	<b>16</b> Baked Chicken Brown Rice Mixed Vegetables Salad Dinner Roll Fresh Fruit
<b>17</b> Puerto Rican Steak Brown Rice Green Salad Dressing Wheat Bread Mixed Fruit	<b>18</b> Chicken Salad On Leaf Lettuce Seeded Kaiser Roll Pickle Spear Crinkle Cut Potato Chips Peach Slices & Cottage Cheese Orange Juice Cookie	<b>19</b> Beef Tostada with Cheese Chopped Lettuce, Tomato Mexican Rice Salsa Grape Juice Fresh Fruit	<b>20</b> Smootherd Boneless Pork Chop Baked Sweet Potato Brussels Sprouts Whole Dinner Roll Diced Pears	<b>21</b> Spaghetti Noodles with Chicken Sweet Corn Fruit Juice Split Top Bread Fresh Fruit	<b>22</b> Chicken Fricassée Carrots & Peas Brown Rice Mixed Salad Wheat Roll Cookie	<b>23</b> Steak Fajitas Mexican Rice Sautéed Vegetables Salad Flour Tortilla Pineapple Tidbits
<b>24</b> Cheese Enchiladas Mexican Rice Mexican Beans Spinach Salad Dressing Fruit Cocktail	<b>25</b> Old Fashioned Beef Stew Garlic Mashed Potato Stewed Tomatoes with Onions & Peppers Potato Bread Fresh Fruit	<b>26</b> Sweet & Sour Chicken White Rice California Vegetable Blend Wheat Bread Sliced Pears	<b>27</b> Pork Loin Light Gravy Parsley Buttered Potatoes Sweet Sour Red Cabbage Applesauce Garnish Rye Roll Fresh Fruit	<b>28</b> Arroz con Pollo Beans Asparagus w/Garlic Sauce Salad Dinner Roll Birthday Cake	<b>29</b> Whole Grain Spaghetti Meatballs Steamed Green Beans Grape Juice Italian Bread Mixed Fruit	<b>30</b> Steak Ranchero Brown Rice Vegetables Salad Dinner Roll Cookie

<b>31</b> Barbacoa Mexican Rice Mexican Beans Salad Tortillas Pineapple Tidbits
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Para reservar su almuerzo favor de llamar al 649-2807



Se sugiere \$3.00 de donación por cada comida



# 12:00 LUNCH

**RESERVATIONS  
REQUIRED  
649-2807**



**\$3.00**  
Suggested  
Contribution

